



Fight the Bite!



Protect yourself from West Nile Virus and Eastern Equine Encephalitis by remembering these things:



Use mosquito repellent containing DEET or Picaridin. Follow label instructions. Cover up when you're outside with long sleeves and long pants.



Limit time spent outdoors between dusk and dawn when mosquitoes are most active.



Remove standing water so mosquitoes don't breed. Check around your home for flowerpots, tires, and wading pools that might have standing water.



Fix any holes in your screens and make sure they are tightly attached to doors and windows in your home.

For more information, call the Arlington Board of Health (781) 316-3170 or visit www.arlingtonma.gov